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U. S. DEPARTMENT OF AGRICULTURE
Production and Marketing Administration
Washington 25, D. C.

SCRIPT AIDS TO FEDERAL FOOD REPORTERS

ALMONDS

European almonds usually have thicker shells and more distinct flavors than our domestic variety. and are marketed after having been cracked by hand.

Almonds have been eaten since the days of the Romans. Even the Old Testament speaks of "spices and myrrh, nuts and almonds". In the Hebrew language the word for almond means "awakening," because when the almond blossoms burst forth, they herald the coming of spring, or the awakening of creation. The lovely pink blossoms of the sweet almond tree appear even before the leaves develop.

When you say, "Many good things come in small packages", you may be thinking of nuts. Nuts are small units of concentrated food, well worth counting in your daily inventory of the food you've eaten, especially if you're trying to add fat to your diet. Almonds, have a little less fat than English Walnuts.

Almost all our American almonds grow in California.

The seed vessel of the almond is so hard and stony that we class it as a nut. However, the almond grows with a thin layer of flesh covering the stone, and is actually a stone fruit related to the peach.

The almond tree was found in New England a hundred years ago, and later spread down the Atlantic and Gulf coasts. When it reached California, half a century ago, it found a home; and there it thrives----under irrigation----in a narrow belt that runs nearly the length of the state.

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APRICOTS

The mountains west of Pekin, China are covered with a natural growth of apricots, and the fruit is cultivated in both China and Japan. This fruit was brought to Europe at the time of Alexandria the Great, and became well known in Italy during the first century of the Roman Empire.

The gardener of Henry the Eighth is credited with bringing the apricot to England in 1524. It was recorded as growing in Virginia as early as 1720, and was sold in San Francisco markets in 1856, 5 years after the gold rush of '49. The bulk of the domestic apricot crop is grown on the Pacific slope.

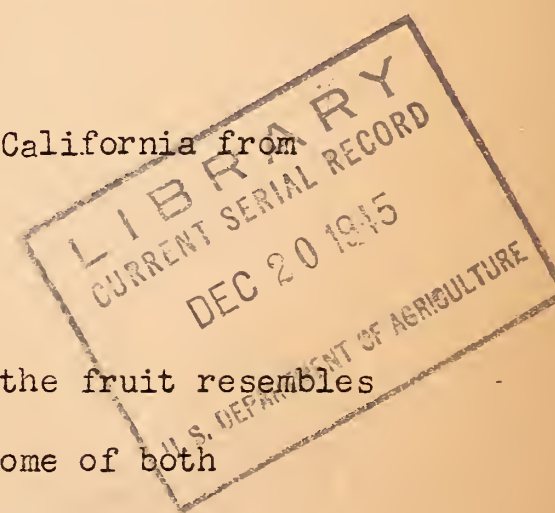
The apricot has been a favorite fruit of the French for many centuries.

Apricots are grown in larger quantities in California than any other place in the United States.

The Spanish missionaries brought apricot trees to California from Central European countries.

The apricot tree belongs to the peach family, and the fruit resembles that of both peaches and plums — even the trees have some of both characteristics.

Did you know that more apricots are used for canning and drying than are eaten fresh?



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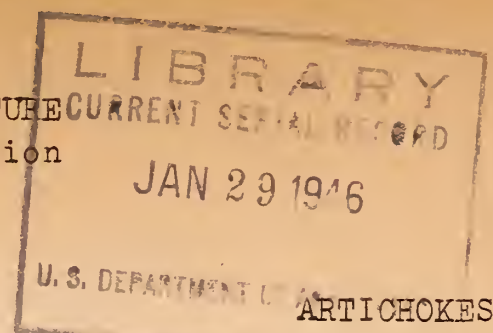
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Production and Marketing Administration
Washington 25, D. C.



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Artichokes were known as early as the 18th Century. However, it is only in recent years that they have appeared in our markets to any extent.

The true, or French artichoke, is a native of the Mediterranean region. It is cultivated for its edible, thickened outer scales and "bottoms" or receptacles of the flower heads. These sometimes exceed 4 inches in diameter. Sometimes the young stems are blanched and cooked as a pot-herb.

Do you like artichokes? You probably didn't the first time you tried them. Fondness for this vegetable, which is rich in iron, mineral salts and iodine, is usually the result of acquired taste. Although delicious when broiled, baked, fried, stuffed, or used in soup, the French artichoke is best known in a salad form.

Many varieties of the artichoke are popular in Europe. In America, on the other hand, the Globe variety is planted almost to the exclusion of others.

Here's another kind of artichoke---the Jerusalem artichoke. This is a perennial, somewhat resembling a sunflower. It is often cultivated for its edible tubers, which are numerous, and are purplish red, white, or yellow in color. The tubers are rather watery, but have a pleasant flavor, especially when prepared like cauliflower and served with a white sauce. Aside from their use as a food, these tubers are used extensively in Europe in the manufacture of alcohol.

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Production and Marketing Administration
Washington 25, D. C.

U.S. DEPARTMENT OF AGRICULTURE
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BEETS

The word "beet" is based on the ancient Latin name for the vegetable-- "beta". As a member of the "Goosefoot Family", the beet has but one relative in the vegetable garden...the leafy spinach.

Beets can "double in brass" as a food item...the leaves are often eaten as greens...while the roots of this popular vegetable can be served in a variety of ways. And they are more colorful than most other root vegetables. An English writer of the 16th Century described beets as "not only pleasant to the taste.....but also delightful to the eye".

Ever stop to wonder how we obtained the succulent red beets....which now enjoy such an honored place in every vegetable garden? Several centuries before Christ, the folks living along the shores of the Mediterranean, discovered that the wild beets growing there could be cultivated to produce an appetizing pot herb. But under good care, and rich feeding, the herb soon collected more food than it needed for its leaves. Then it began to store the excess food in the taproot...against possible lean days ahead. And as the root swelled and became juicy and tender.....so developed another delicious vegetable.

In England in the early days, several medicinal qualities were attributed to beets. One popular belief was that the juice of the white beet....the forerunner of today's sugar beet...was a good cold cure, if mixed with the juice of bitter almonds. Inhaling this mixture was also supposed to restore the sense of smell.

THE STATE OF TEXAS,
COUNTY OF DALLAS,
ss. I, the undersigned, Clerk of the County, do hereby certify that the within and foregoing is a true and correct copy of the original as the same appears from the records of the County of Dallas, State of Texas.

WITNESSED my hand and the seal of the County at Dallas, Texas, this 1st day of January, 1901.

Attest:
Clerk of the County

By _____
Deputy Clerk

Notary Public
in and for the State of Texas

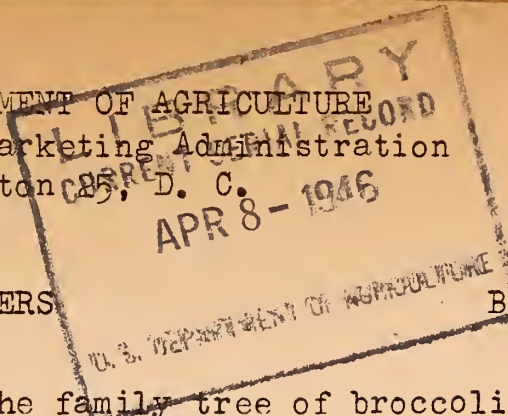
My Comm. Expires _____

Subscribed and sworn to before me this _____ day of _____, 1901.
Notary Public
in and for the State of Texas

My Comm. Expires _____

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BROCCOLI

Let's take a quick glance at the family tree of broccoli. It belongs to the vegetable clan known as the Mustard Family, and falls in the Brassica Group of this family. There are quite a number of other vegetables in this group. The list includes Brussels-Sprouts, cabbage, cauliflower, kale, kohlrabi, mustard, rutabagas and turnips.

Actually, broccoli is a variety of cauliflower...as a matter of fact, it is said to be the original form of cauliflower. But it's hardier, and has more color in the flowers and leaves. Many folks consider it superior in flavor to cauliflower....and it is one of our best liked vegetables.

The tender stalks and small leaves of broccoli may be cooked separately and served as greens...or the stalks may be peeled, cut in pieces, and served with a butter or cream sauce.

Broccoli has sometimes been called the "Rip Van Winkle" of the produce industry. That's because its cultivation dates back over 2,000 years in Western Asia, but broccoli is comparatively new in this country.

"Broccoli has become fashionable, and a downtown eating place would no sooner be without it than without clams." That item was carried in a New York newspaper in 1927.....That was just about the time that the demand for broccoli in the United States grew to a point where a few Italian gardeners near New York could no longer meet the expanding needs. Then its cultivation was taken over by commercial growers in the West and Southwest.

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BRUSSELS SPROUTS

Brussels sprouts, a cultivated variety of cabbage, takes it's name from a Belgium city.

Early records indicate the sale of brussels sprouts in the market of Brussels, Belgium as early as 1213.

A Roman historian of the first century wrote of brussels sprouts that the rulers of the time would not allow them to be served on their tables. However, the tables have turned in this century, for they are a popular vegetable with people in the United States.

Of all the forms which wild cabbage assumed under cultivation, none is so interesting and so unique as brussels sprouts. When the little green heads appear on the table, each a minature cabbage, but more tender and more delicately flavored than any cabbage, there is nothing about them to reveal their peculiar manner of growth.

The single thick stalk, two or three feet high, is crowned by a rosette of huge cabbage leaves, with the appearance of a full-blown cabbage-green rose of garantuan proportions. But that thick stalk is not bare. Crowded as thickly as they can squeeze together, and hugging the stem closely, from the ground almost to the top are the round green "sprouts".

Brussels sprouts are sometimes called a "thousand-headed cabbage" and each stalk yeilds about a quart of sprouts. And because they mature gradually from the bottom upward, they can be picked from late September until January, for frosty weather merely improves their flavor.

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CARROTS

Carrots were once grown and used only as cattle fodder. But this root vegetable has become a popular and important 20th Century food.

The yellow pigment is sometimes extracted from carrots, and used as coloring matter.

Oil distilled from carrots is used by furriers to rub into pelts as protection against moths.

Garden carrots, as well as those grown in the field, are often fed to livestock. This has been done in this country since early days, as attested by the "Gentleman Farmer", who wrote in 1788: "From the end of September to the 1st of May, 20 work-horses, 4 bullocks, and 6 milk-cows, were fed on the carrots that grew on 3 acres;.....no other food but a little hay. The milk was excellent, and 30 hogs were fattened upon what was left by the other beasts."

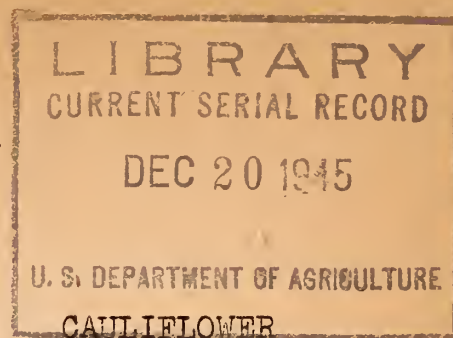
The Carrot is a native of Europe and Asia. Its cultivated forms were introduced from Holland into the gardens of England during the reign of Queen Elizabeth.

From early writings we know that Carrots were popular with the Romans. They are listed as favorites along with broccoli, asparagus and turnips.

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If it weren't for the farmer's tender care, the cauliflower we get would be green all over, instead of attractively white in the center. The outer leaves of the cauliflower look like cabbage leaves, from the first. When the flower formation is about the size of an egg, the farmer pulls the leaves up around it and ties them at the top. That keeps the sun away from the inner part, and it blanches the pure white color we're used to.

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Mark Twain once said "cauliflower is nothing but a cabbage with a college education".

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Cauliflower is related to the cabbage, and though it is a comparatively newcomer to American tables is actually as old as history. It is probably native to the shores of the Mediterranean.

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You've heard of people being called "cabbage heads" but have you ever heard of the "Cauliflower Wig"? This was a style of hairdressing which became popular in England in 1882 when Queen Anne was ruling over that country. It was so named because of the popularity of fresh cauliflower at that time.

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It seems strange to think that in about 1680 the first cauliflower was brought into England by a Dutch Gardener...and, that from such a humble beginning, this tasty vegetable should rise to the position it now holds in England and in other parts of the world.

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CELERY

Celery is a native of Europe, Asia and Africa. In the older, civilized parts of these continents it was cultivated prior to the Christian Era.

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Although celery grows wild in England, it is known only as a garden plant in this country. It has come under extensive cultivation here only in the last 100 years.

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Cultivated celery does not differ in general characteristics from the wild plant. Cultivation, however, has made its leafy stalks more solid, less stringy, and more agreeably flavored. In many instances, too, the stalks have been lengthened or increased in number, and made to form more compact plants.

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Celery was eaten in Italy long before it was used as a food in England. John Evelyn mentions it in 1699, as an important part of the Grand Sallet. The Grand Sallet was the name for the large fruit and vegetable centerpiece which graced most banquet boards in that period. Other writers of that century also mention it, sometimes calling it "smallage."

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In medicine, celery enjoys a certain popular reputation, because of the apiol which it contains. This has an action similar to that of many of the volatile oils.

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Celeriac, or turnip-rooted celery, is a variety cultivated more on account of its roots than for the stalks, although both are edible and are used for salads and in soups. It is grown chiefly in the north of Europe.

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• *Chlorophyll a* (Chl a) is the primary photosynthetic pigment in all photosynthetic organisms. It is a green pigment that absorbs light energy in the blue and red regions of the visible spectrum. Chl a is essential for the light-dependent reactions of photosynthesis, where it converts light energy into chemical energy in the form of ATP and NADPH.

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CRANBERRIES

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The American cranberry is found growing wild from Newfoundland, south to the Carolina, and westward to Wisconsin and Arkansas.

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The cultivated varieties of cranberries have been developed from two species ... one yielding the smaller cranberry ... the other the larger. Both are natives of northern swamps and marshes, especially those rich in peat. Both varieties are trailing vines, bearing small evergreen leaves. The flowers are inconspicuous.

-0-

And here's how the cranberry got its name. Because the red fruits grow on slender, curving stalks, suggesting the neck of a crane, they were once called "crane-berries". Later the name became "cranberries".

-0-

Cranberries ... so popular in this country ... are cultivated to a much smaller extent in Europe.... even though one species is a native of Europe as well as America.

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The use of cranberries is no longer restricted to the fall and early winter marketing season, when they can be found on the fresh market. These days we can buy them in canned, frozen, or dehydrated form.

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The general types of cranberry are the globular, the bell-shaped, and the bugle-shaped. Numerous varieties are grown in each of these classes, with little difference in the flavor. The choice berries are large and well colored ... but their flavor and food value is no different from the small cranberries.

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FILBERTS

"Filbert" is the name generally given to oblong nuts of certain Old World species of hazel. The round nuts of these species are often called "cob-nuts".

* * * * *

Filberts grow on bushes, in clusters. Each nut is encased in a thin husk, which opens when ripe. We like the flavor of filberts in ice cream, in nut breads, and cakes. And perhaps the way we like them best, is cracking them and eating them out of hand around the fire, on a cold winter evening.

* * * * *

The oil from hazelnuts is used by chemists as the basis of fragrant oils---perfumers use it because it easily combines with and retains odors.

* * * * *

In England, hazelnuts are planted in coppices and hedge-rows, for several useful purposes---but particularly to be cut down periodically for charcoal, or for making poles and fishing rods. In brewing, the dry twigs were used as a substitute for yeast, when they were soaked in fermented liquor.

Charcoal made from hazel is much in request for forges, and when prepared in a particular manner, is used by painters and engravers to draw their outlines. The roots are used by cabinet makers for veneering.

* * * * *

Hazel plants are trained in tree form, with a single trunk, and grow as large as medium-sized apple trees. Being extremely tough and flexible, the branches are used to make hurdles and crates. They are formed into spars, handles for implements, and when split are bent into hoops for casks.

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GRAPES

The grape is believed to be the oldest of our cultivated fruits. Early Hebrew writings mention grapes...and the Egyptians were making wine 5,000 years ago.

-oOo-

In Europe the largest vineyards are in the Mediterranean countries, and the Rhine Valley. Some 1,500 varieties of grapes are cultivated in Europe, but they are practically all from a single species of vine.

-oOo-

The native grapes of America are of entirely different types from the European kinds. What's the reason? Because in America we grow grapes largely for table use, while European grapes are raised largely for wine.

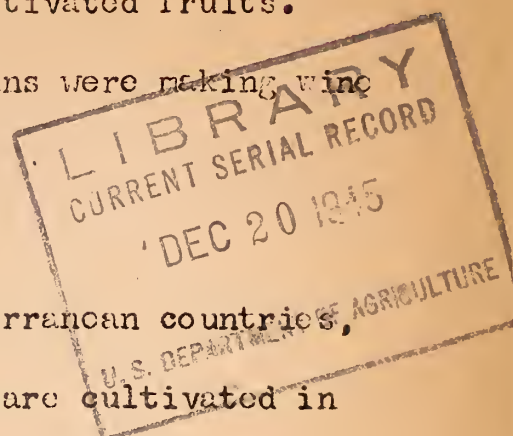
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The grape is supposed to have been native to Asia, where it was widely cultivated centuries before it was introduced into Europe. The Phoenicians have the credit of introducing the culture of the vine into Europe...first into the islands of the Grecian archipelago, and thence into Greece and Italy. The Romans carried vine culture as a part of their civilization, wherever they settled.

-oOo-

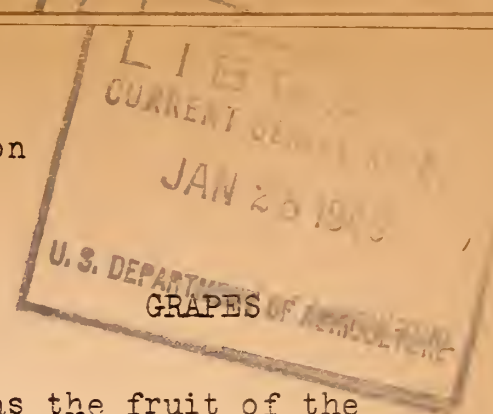
Early American colonists were encouraged to "cultivate the vine." The Virginia Assembly passed an Act awarding premiums to successful grape growers. When the second Charter was granted to Rhode Island by Charles II in 1663, it contained an inducement to anyone who would plant a vineyard.

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Some of the earliest Hebrew writings refer to grapes as the fruit of the vine...and they've remained popular from those days until now. Grape clusters and vines were one of the earliest forms of decoration....and that's another thing we moderns have in common with the ancients. Homemakers today use tempting clusters of grapes to **spark** of color interest in fruit bowls and center-pieces.

Vineland was the name more than once applied to sections of the New World by America's first settlers. Wild native grapes grew along the Atlantic coast in abundance. And the early colonists made repeated efforts to transplant to their adopted country the favorite grape varieties of the Old World.

It wasn't until the middle of the last century that native bunch grapes first were cultivated extensively for table stock. Shortly after that began, domestic manufacture of raisins in California from grapes of European varieties. Then came the commercial production of grape juice, jelly, and conserve in the East.

There are three distinct types of grapes in the United States. In commercial shipping only two are important. Eastern grapes and California grapes. Eastern grapes are often called the native bunch grapes or the slipskins. The California grapes are also known as European or vinefera grapes.

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HONEY

Until sugar came into world-wide use at low cost, honey was the principal sweet food for most countries. A combination of two simple sugars, honey is still preferred by many cooks for its distinctive flavor.

Honey taken from hives may be sold in the combs, or in sections of combs, More often, however, it's extracted by centrifugal force, very much as cream is separated from milk.

The Greeks had a word for daughter-in-law trouble.....and the word was "honey". The groom's mother gave a jar of it to the bride so her words would always be as sweet as honey.

Honey has played a prominent part in the diet of all generations and races of men. Not only is honey one of the oldest foods known but there is no food that is produced over such a wide territory and under such wide geographic and climatic conditions.

Honey is a natural, unrefined, nutritionally valuable food. It is unique in that it is the only unmanufactured sweet available in commercial quantities.

THE NATIONAL BUREAU OF STANDARDS
WASHINGTON, D. C. 20540

Page 1

1. The purpose of this report is to provide a summary of the results of the investigation conducted by the National Bureau of Standards.

2. The investigation was conducted in accordance with the procedures established by the National Bureau of Standards for the purpose of determining the accuracy of the measurements.

3. The results of the investigation are presented in the following table:

Table 1. Summary of results of the investigation.

4. The results of the investigation are presented in the following table:

Table 2. Summary of results of the investigation.

5. The results of the investigation are presented in the following table:

Table 3. Summary of results of the investigation.

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Table 4. Summary of results of the investigation.

7. The results of the investigation are presented in the following table:

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8. The results of the investigation are presented in the following table:

Table 6. Summary of results of the investigation.

9. The results of the investigation are presented in the following table:

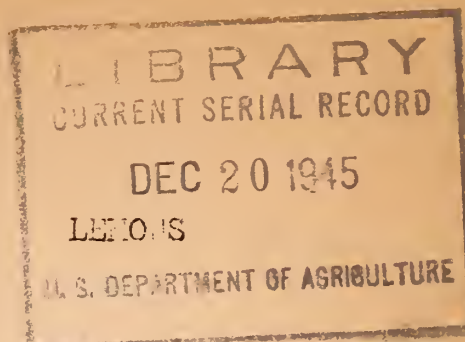
Table 7. Summary of results of the investigation.

10. The results of the investigation are presented in the following table:

11. The results of the investigation are presented in the following table:

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Many songs and romantic stories have been written about the joyous life sailors led when sailing ships were exploring the world. But there wasn't much to sing about on these trips. The dread disease scurvy sailed right along too, and took a terrific toll on every voyage, especially the long ones. Because of this condition, many people were convinced that man was meant to keep his two feet planted on the land... and that when he started taking to the sea, the trouble started. Nevertheless, ships kept right on sailing...and sailors kept right on dying. Around the year 1600, someone got a bright idea that maybe the lack of fresh fruit was causing scurvy. This theory was backed up when the crew on board a ship of the East India Company sailing from England to Bombay was given rations of lemon juice...and no scurvy broke out during the whole voyage.

-oOo-

In the middle of the Eighteenth Century, a young doctor in England's Royal Navy actually cured a case of scurvy by prescribing lemon juice. This started him on fifty years of successful experimenting. Other doctors took up the study and in 1795, the British Admiralty took official action...the order went out that all British sailors should be given lemon juice regularly while at sea. And so British Tars acquired the name "Limies" and are still called that today.

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2. *Chlorophyll a* and *Chlorophyll b* contents were determined by the method of Arar and Cook (1980).

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Journal of Management Studies, 19(6), 701-718.

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• Common Infections

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• **Prevalence** = the proportion of a population that has a disease at a particular point in time

Journal of Interpersonal Violence

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NUTS --Walnuts

Nuts are a highly concentrated food, with little waste. Their durable shell forms a naturally hermetically sealed package, which keeps them fresh for many months. Their percentage of fat governs their flavor and keeping qualities----the more oily nuts becoming rancid more quickly, unless they are stored at a low temperature.

Nuts have figured in the customs and folklore of the nations from earliest times. Our halloween on October 31st, was once "Nutcrack Night." Young lovers threw nuts into a balzing fire. If the nuts burned together, it foretold a happy married life. If they sputtered and flew apart, an unhappy and unharmonious life was indicated. In both ancient and modern Jewish customs, nuts stand for the scholar and the sacred Torah.

Walnuts have been grown in England since 1560, and have been popular in Persia for more than 2,000 years. The first walnut trees in California were planted in Santa Barbara in 1867.

The Romans called the walnut the "nut of the Gods."

Here's a legend about walnuts. Ma-na-ba-zor, a beautiful Chippewa Indian, created the walnut tree for squirrels, and gave them the right to take all the nuts.

The walnut has always been regarded as a very valuable tree. In 1664 John Evelyn, an English writer, said that in certain parts of Prussia no young farmer was permitted to marry till he could prove that he had planted a specified number of walnut trees. In Czechoslovakia, the walnut trees growing along the public highways, and owned by the village, produce most of the country's crop.

THE BUREAU OF PLANT INDUSTRY
HAS THE HONOR TO ACKNOWLEDGE THE RECEIPT OF
YOUR LETTER OF THE 10TH INSTANT, IN WHICH
YOU REQUESTED INFORMATION CONCERNING THE
MANNER OF OBTAINING PATENTS FOR PLANT
INDUSTRIES.

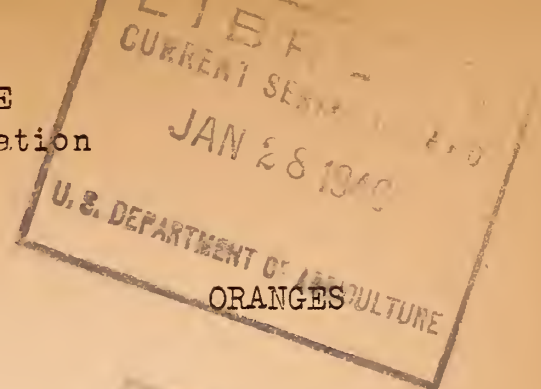
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Oranges have been known throughout China and Japan from ancient times. Most authorities, however, regard South China and the Indo-Chinese Pininsula as the original home of the orange. Wild oranges are growing today in the jungles along the lower mountain slopes of Northern India.

Oranges made their way from India to Europe by way of western Asia. The Arabs are credited with bringing the sour orange to southwestern Asia--- probably before the 9th Century. It spread to Africa and Spain...and Sicilyfollowing everywhere the tide of Mohammedan conquest. In the 12th Century the sour orange was abundantly cultivated in all the Levant countries, and the returning soldiers of the Cross brought it from Palestine to Italy, and to Southeastern France.

The true Chinese sweet orange reached Europe at quite a later date. Its importation into Europe is usually attributed to the Portuguese navigators.... before the time of Columbus.

Today oranges are grown in tropical and sub-tropical climates throughout the globe....wherever sufficient water is available.

Oranges were introduced into California from Brazil in the early 1870's. A tree at Riverside is said to be one of the original specimensand it still bears fruit.

Oranges were found growing wild in Florida when that State was settled. It is surmised that these trees were the progeny of specimens introduced by the Spaniards in the early days.

The tough, yellow rinds of oranges yield a valuable oil, which is used in manufacturing perfumes and flavorings.

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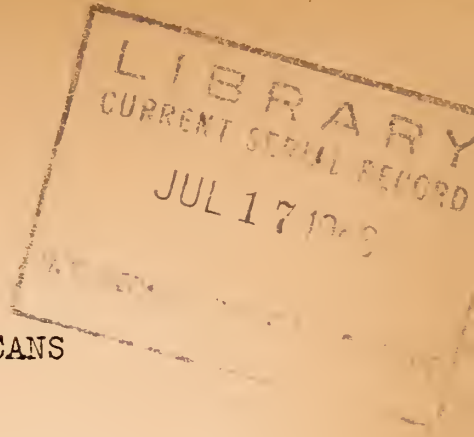
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PECANS

Pecans grow in many of the Southern states from the Eastern coastal areas to Texas and Oklahoma, in the Southwest.

* * * * *

For selling purposes, pecans are divided into two grades known as "improved" pecans which average about 40 percent of the total crop....and the "seedling" pecans which are not as large generally as the improved pecans.

* * * * *

If you buy pecans in the shell - and would like to have whole nut meats when they are cracked, soak them in warm water for about an hour and the shells will soften, and you'll have perfect whole meats.

* * * * *

Nuts have been important since colonial days. Even before the time of the pilgrims, nuts were one of the principal foods of the Indians. We know the pecan is of American origin because early explorers left accounts of how the Indians gathered the nut every year. In fact, the word "pecan" is of Indian derivation and means any hard-shelled nut.

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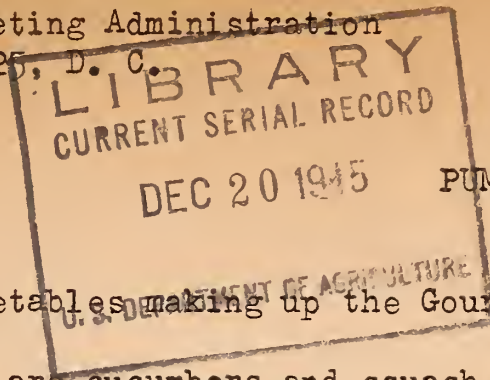
Next to walnuts, pecans lead in volume of nuts consumed in the United States.

* * * * *

Chances are that many visitors to Washington's home at Mount Vernon on the Potomac pay little, if any attention to the two pecan trees near the portico. But those trees have a history, too. Thomas Jefferson gave George Washington some nuts to plant and that's where Washington planted them.

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The pumpkin is one of the three vegetables making up the Gourd Family. The other members of this vegetable trio are cucumbers and squash.

A number of fruits and vegetables play a dual role in the food picture... sometimes they're used as vegetables...other times they stand-in for fruits. Or maybe it's the other way around. Pumpkins are different....they're strictly vegetable...never thought of or served as a fruit.

Ever wonder whether you were eating pumpkin or squash pie? As a matter of fact, pumpkins and squash so overlap that even skilled botanists cannot always cope with the confusion existing between them. The confusion must have been even greater back in the early days, when herbalists called squashes "pompons."

When we hear the word "pumpkin", most of us think of the large, orange-yellow pumpkin, so famous for the grinning Jack-O-Lantern...and the Thanksgiving pie. This variety is definitely a "pumpkin", and is of New World origin. Another species of pumpkin, is a very large vegetable somewhat resembling a watermelon...even to the black seeds. This pumpkin is of East Indian origin, although American Indians of the Southwest have cultivated a very similar species since prehistoric days.

Pumpkins are best baked or made into pies...although they may be boiled or steamed. They are also canned and dried, and sometimes even made into flour. Pumpkins are made up of about 90 percent water, and from 5 to 7 percent carbohydrate.

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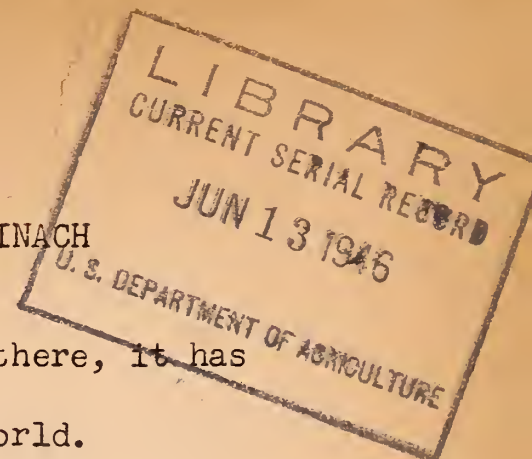
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SPINACH

Spinach is probably native to Southwestern Asia. From there, it has been carried to all cool climates throughout the civilized world.

-VVV-

Although spinach was known in Asia in the 15th Century, and in China in the 17th Century, we do not have a record of when it made its debut into this country. However, Thomas Jefferson mentions planting spinach in his garden at Monticello in 1811.

-VVV-

Spinach, which is a member of the "Goosefoot Family", bears a marked relationship to many weeds. One of these is White Goosefoot--or Lambs Quarter--whose silvery-green leaves are used by some people for spring greens. These industrious people weed the garden, and eat the weeds!

However, spinach also has a cherished kin among the vegetables...another member of the Goosefoot Family...the common garden beet. And a well-known variety of the beet, is the leafy Swiss Chard.

-VVV-

No one knows the original form of spinach. Today there are two types of garden spinach...one has prickly seeds, and the other has smooth seeds. There are a great many varieties of these two types of spinach. The most preferred kind has broad, almost round leaves, curled at the edges. Some varieties have leaves as crumpled and puckery as Savoy cabbage.

-VVV-

Spinach plants are gathered when dry, with some of the root attached. The dead leaves are trimmed off, and it is shipped in tightly packed barrels, or crates.

PROHIBITION AND ENFORCEMENT
AMENDMENT OF 1913

Section 1. There shall be no manufacture, sale, or transportation of intoxicating liquors within the United States or within the jurisdiction of any State, Territory, or District of Columbia, or within the territorial jurisdiction of the United States.

Section 2. The manufacture, sale, or transportation of intoxicating liquors within the United States or within the jurisdiction of any State, Territory, or District of Columbia, or within the territorial jurisdiction of the United States, shall be prohibited.

Section 3. Any person who manufactures, sells, or transports intoxicating liquors in violation of the provisions of this Act shall be fined not more than \$10,000 or imprisoned not more than five years, or both, at the discretion of the court.

Section 4. Any person who manufactures, sells, or transports intoxicating liquors in violation of the provisions of this Act shall be liable to a civil penalty of not more than \$10,000 for each offense.

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S. Q U A S H

The squash is a native of America. The name is adapted from the Narraganset Indian word for "raw-green-unripe." The Indians ate the fruit raw, when it was green in color, and immature.

-oOo-

Columbus saw his first squash when he arrived in the West Indies. It was one of the large, pumpkin-shaped squashes. And De Sota found Indians from Florida to the Mississippi growing squashes and pumpkins among their orderly rows of maize.

-oOo-

In the Southwest, various kinds of squashes have been cultivated from the most remote times. They were grown not only for the fruit, but for the large yellow flowers, which were used to add a pleasing color and piquant flavor to meat stew.

-oOo-

Sometimes in prehistoric days, squashes reached the Plains tribes from the Southwest. But these Indians also had the pumpkin, and it may have been this vegetable that they called "real squash" to signify its superiority over all other squashes.

-oOo-

Squash belongs to the Gourd Family. Other members of the family are cucumbers and pumpkins.

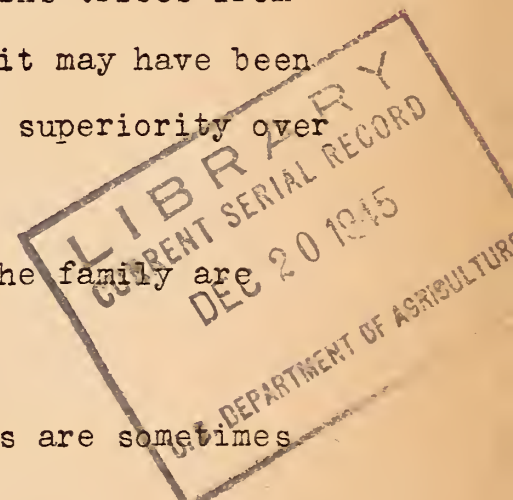
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Pumpkins and squashes so overlap that even the botanists are sometimes confused. Small wonder then that the poor layman often does not know whether he is eating pumpkin or squash. As a matter of fact the English call "pumpkin" the vegetable we Americans know as squash.

-oOo-

A long time ago squash was used as a cosmetic. The seed was pounded with meal, in its own juice, and this mixture was supposed to remove freckles and spots. Before the freckled lady applied the squash beautifier, she had to stand in the sun. Later, when squash came to people's attention as a food, it was called "pompon".

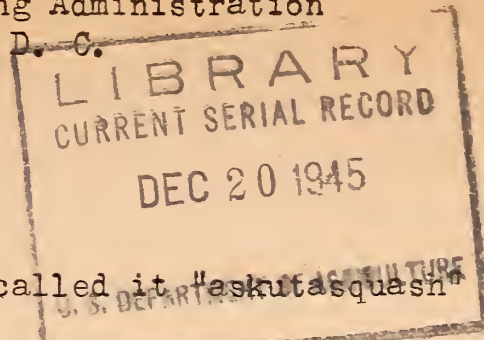
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Washington 25, D. C.



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SQUASH

North American Indians grew squash and called it "askutasquash" long before Columbus set foot upon American soil. The Redskins also termed it one of their "three sisters", the others being corn and beans.

Falling leaves, shocks of corn in the fields, long cool evenings and chilly mornings---all of these are signs that autumn is here again. One of the vegetables we think of in connection with fall is the squash. Its colors blend well with the rich brown and golden hues of the autumn season. In addition, the color and flavor of the squash blend nicely with fall menus.

The class of vegetables known to us as gourds, pumpkins, and squashes, were once called "pompons". It is of these that the early writers believed nature had brought into existence by changing the form of a cucumber.

In early days, the rind of squashes was bound to the forehead to help heal an eye infection.

Out in the Midwest thrifty Illinois Indians used to slice and dry squashes in the autumn sun to eat during the winter and spring.

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SWEET POTATOES

The sweet potato plant is a trailing vine. It spreads far and wide, finding a place in the sun for its roundish or angular, heart-shaped leaves. In the tropics, where the sweet potato grows wild, it has beautiful, rose-purple flowers. However, under cultivation, it rarely produces blossoms or seeds.

-0-

Because the sweet potato is a warm-season plant, needing long days of hot sunshine, it is raised most successfully by commercial growers in the South. However, home gardeners cultivate the sweet potatoes as far north as New Jersey.

-0-

Growers of sweet potatoes place them in two group ... the dry sweet potatoes, and yams ... according to their water and sugar content. In the North, most folks prefer the dry sweet potato ... the kind with dry, mealy and yellow flesh. Southerners, on the other hand, are partial to their yams ... they're the kind that are rich in sugar, soft and watery and gelatinous when cooked, and either a pale, or deep yellow color. While this sugary sweet potato is called "yam", it is not really a yam ... the true yam which grows in the South is a very different plant.

-0-

Southern Negroes in the early days had a name of their own for the sweet potato ... they called it "devil's bones."

-0-

When the Colony of Virginia was first settled, sweet potatoes soon became a mainstay in the diet of the struggling settlers. They received their first sweet potatoes from Bermuda.

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UNITED STATES DEPARTMENT OF AGRICULTURE
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TANGERINES

A school teacher who asked her pupils to write a short paragraph about tangerines received the following description from one little boy.

"Tangerines are like sweet oranges done up in a different wrapping".

-VVV-

The tangerine is a very dainty fruit ... no fuss, no loose juice. Peeling is a cinch, and the sections are easy to separate. But that doesn't mean it's a "sissy" fruit. On the contrary ... its delightful taste appeals to everybody.

- VVV -

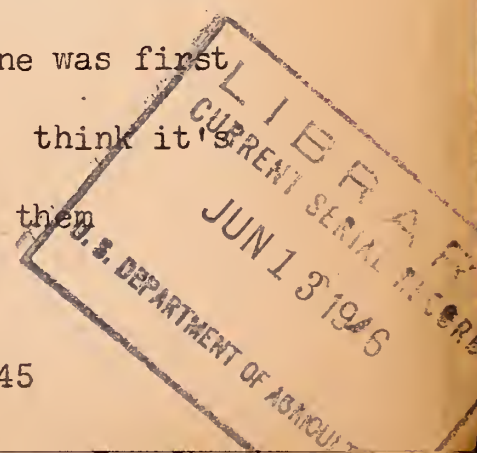
What's that fruit that is smaller than an orange or apple ... the skin is a deep orange color and you can peel it easily ... so easily in fact that this fruit is sometimes called the kid-glove orange. Give up? Oh, no! That's an easy one ... a tangerine!

- VVV -

A good tangerine ... like a good orange ... is fairly firm and has a fine textured skin. But because the skin is loose, even good tangerines may feel a bit puffy. So the best way to judge is to choose fruit that feel rather heavy for their size ... that means they're juicy. And as a rule the deeper-colored ones are the best flavored.

- VVV -

A little girl at school was apparently impressed by the oriental background of the tangerine. This is what she wrote: "The tangerine was first known 4000 years ago in China, so it was called a mandarin. I think it's too old to change its name to tangerine." But whether you call them mandarins or tangerines ... they are a good fruit to eat.



MEMORANDUM

TO: THE DIRECTOR, AGRICULTURAL RESEARCH

FROM: [Illegible]

SUBJECT: [Illegible]

[Illegible]

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Washington 25, D. C.

SCRIPT AIDS TO FEDERAL FOOD REPORTERS

T O M A T O E S

It is said that Sir Walter Ralieggh gave a tomato plant full of the fruit to Queen Elizabeth as a token of his admiration...and after that, such gifts became quite common.

-oOo-

The usual tomato color is a lively red, but there are yellow varieties of tomatoes too...ranging from a rich canary to the palest cream. And for these cream colored tomatoes, some that are now snow white have been developed.

-oOo-

Tomatoes are the debutantes of modern meals. Like many of today's real-life debutantes...these prima donnas of the fruit and vegetable world have recently stepped out of the role of idle beauty into a job with a real purpose behind it.

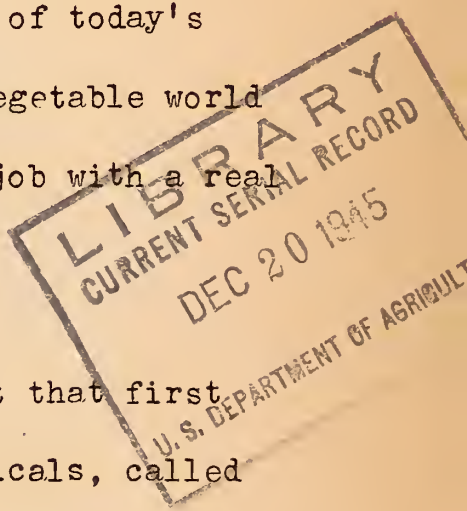
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It was experiments on the cheerful Christmas holly plant that first gave plant scientists the idea of using certain organic chemicals, called hormones, on winter tomato plants to prevent the blooms from falling off so easily.

-oOo-

We've heard a lot about the future of air transportation and about how one day we may be eating for lunch fresh fruits and vegetables flown in that very morning from far away producing sections. Well, it's not entirely just "talk" because recently 160,000 tomato plants were flown from Tifton, Ga., to Ohio -- a distance of 700 miles. This was an experiment, and is just a "beginning" of what is yet to come.

-oOo-



JUL 11 1945

Memorandum
to the President
of the United States

January 1, 1900

My dear Mr. President:

I have the honor to acknowledge the receipt of your letter of the 29th inst.

and in reply to inform you that the same has been forwarded to the proper authorities for their consideration.

I am, Sir, very respectfully,
Your obedient servant,

Wm. H. Taft

Very truly yours,

Wm. H. Taft

Secretary of the United States

Washington, D.C.

cc -

Mr. [Name] [Address]

Mr. [Name] [Address]

Mr. [Name] [Address]

Very truly yours,

Wm. H. Taft

Secretary of the United States

Washington, D.C.

cc -

Mr. [Name] [Address]

cc -

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U. S. DEPARTMENT OF AGRICULTURE
TURNIPS

SCRIPT AIDS FOR FEDERAL FOOD REPORTERS

The first turnips introduced into England are believed to have come from Holland in the Sixteenth Century.

Both ancient historians and botanical indications point to the cultivation of the turnip and its use as a food more than 4,000 years ago.

Turnips are found growing wild on the seacoast in Sweden, Holland and England.

Turnips were introduced into America during the early colonization period. It is believed that Cartier sowed turnip seeds in Canada during his third voyage in 1540.

There are interesting dates to show how long turnips have been grown in this country. They were mentioned in writings of Virginia in 1609. Some writers say turnips were cultivated in Massachusetts in 1629, they were plentiful near Philadelphia in 1707.

Turnips seem to have been popular in the very early days in all parts of the country just as they are today. Historians tell us Thomas Jefferson cultivated turnips in 1781, and that they were grown in South Carolina in 1778.

Here's an interesting item about the size of turnips. A. Williams, in his book "Reports of the Agricultural Section of the U. S. Patent Office in 1837-1861" reports that a turnip was found growing in California weighing 100 pounds.

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TURNIPS

Turnips were used extensively in some parts of Continental Europe long before they became popular as a food in England. However, during the reigns of Henry the Eighth, and Queen Elizabeth, they came into their own as a table decoration. In those days, at most every important banquet, a "Grand Sallet" or big salad, decorated the center of the table. And, quite, frequently, in the very midst of this salad, there was a castle, carved from white turnips---a steepled church---or a proud turnip galleon, with sails made from lettuce leaves. When the salad course was reached, and the Grand Sallet was served to the admiring guests, the raw turnips castle was relished as much as the other ingredients.

As every farm boy knows, raw turnips are delicious. Folks also appreciated this fact back in the 16th Century, because at that time, the turnip was frequently eaten raw....especially by the poor people of Wales. More often, of course, it was boiled, and served hot. It was also frequently baked

Today, in America's warm Southland, the leafy variety of the turnip is grown for greens. Its large foliage also makes excellent livestock feed.

John Evelyn, an early English writer, assured his readers in 1699, that he had eaten turnip bread, served at the tables of the greatest persons. He also extolled the virtues of turnip stalks, cut up, cooked, and served like asparagus.

The rutabaga--so often called "yellow turnip"--is not a variety of Brassica Rapa, the common turnip. It belongs to another species, and is more closely related to the cabbage family, than the turnip family.
